

# Delicious Green Gables Recipes



AN ILLUSTRATED COOKBOOK INSPIRED  
BY “**ANNE OF GREEN GABLES**”!

| by Ronny Emerson |



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An Illustrated Cookbook Inspired by “Anne of Green Gables”!

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# Introduction



What did people eat in the early part of the 20<sup>th</sup> century?

In the rural areas like Anne's Avonlea, they'd have had little or nothing that wasn't grown and processed at home. Of course, I don't expect you to raise and butcher your own meat, but you won't find too many commercially processed ingredients in these recipes.

I've tried to stay true to the simplicity of the time and place in which "Anne of Green Gables" is set, so mainly what you'll find in the pages is just good, plain food. Even novice cooks will find the recipes largely uncomplicated and easy to make.

Will you have trouble finding the ingredients you need?

It's not likely. With very few exceptions, you'll have most of what you need already on hand. You might need to pop out for fresh fruits and veggies, but I promise not to surprise you with ingredients you might not be able to pronounce and have no idea where to buy!

Throughout "Anne of Green Gables," food is referenced regularly. Anne has a few food-related mishaps that provide humorous interludes in the book, there are church picnics, and friends and neighbors are often invited for tea and sweets.

Food in "Anne of Green Gables" is sometimes described without much detail, so I've had to use my imagination at times. I think, though, that the recipes offer a fair approximation of what Anne and her friends and family would have eaten, along with a few that the fans of Anne would consider suitable "tribute" recipes. Now, grab your apron, and let's start cooking!



# 1 – Turnip Casserole



“Anne of Green Gables” begins with Mrs. Rachel Lynde, the town gossip, observing things from her window. Her husband is planting turnips and her neighbor, Matthew Cuthbert, is getting ready to go somewhere. All right, then, let’s begin with this delicious turnip dish!

**Makes 4 generous servings**

**Cooking + Prep Time: about 1 hour**

**Ingredients:**

- 3 cups cooked yellow or white turnips, mashed
- 3 tbsp. butter or margarine
- 4 tsp. sugar
- 1 ½ tsp. salt
- 1/8 tsp. black pepper
- 2 eggs, beaten
- 1 ¼ cups soft breadcrumbs
- 1 tbsp. melted butter or margarine

**Instructions:**

Preheat oven to 350F.

In a large bowl, combine the mashed turnips with the butter, seasonings, eggs, and ¾ cup of the breadcrumbs. Mix thoroughly.

With additional butter or margarine, grease a 1-quart casserole dish, and spoon in the turnip mixture.

Combine the remaining breadcrumbs with the melted butter and spread evenly across the top.

Bake until the breadcrumbs are browned (approximately 35 minutes). Serve.



## 2 – Sweet and Sour Crabapple Preserves



Mrs. Lynde’s curiosity leads her to visit Matthew’s sister, Marilla. She observes that Marilla is laying out a sparse meal, consisting only of crabapple preserves and one kind of cake. If Marilla is expecting company, it’s obviously nobody of any great importance. It’s likely, though, that these tasty crabapple preserves would enhance any meal, be it humble or elaborate.

**Makes 6 pints**

**Cooking + Prep Time: about 2 hours**

**Ingredients:**

- 7 lb. crabapples
- 1 quart white vinegar
- 8 cups sugar
- ¼ cup whole cloves
- 1 cinnamon stick
- 1 ½ tsp. ground ginger

**Instructions:**

Wash crabapples and if blossom ends are present, remove them.

Place the vinegar and sugar in a saucepan and heat to the boiling point.

Tie the spices up in a cheesecloth bag and add to the vinegar/sugar solution. Then add the crabapples.

Continue to boil until the crabapples are tender.

Remove the spice bag and pack the crabapple mixture into sterilized pint mason jars. Fill to within ¼ inch of the top, and make sure that the syrup completely covers the top.

Seal the jars and allow to cool. This mixture will keep for several weeks in the refrigerator.

For long-term storage, using a canner equipped with a rack for holding the jars, process in a boiling water bath for 10 minutes. The preserves will keep for a long time with no need to refrigerate.



### 3 – Single-Bowl Chocolate Cake



Marilla probably didn't fuss too much over the cake, either. She probably would have made something quick and easy, like this chocolate cake that you can make in a jiffy with very little in the way of clean-up.

**Makes 12 servings**

**Cooking + Prep Time: about 45 minutes**

**Ingredients:**

- 1 ½ cups white sugar
- 2 cups cake flour
- 2 tsp. baking powder
- ¼ tsp. salt
- ½ tsp. baking soda
- ½ cup + 2 tbsp. cocoa
- ¼ cup + 2 tbsp. shortening
- 2 large eggs
- 2/3 cup milk
- 1 tsp. vanilla

**Instructions:**

First, preheat oven to 350F.

In large bowl, combine baking powder, flour, baking soda, salt, cocoa, and sugar.

Add the shortening, water, eggs, milk, and vanilla. Use a hand mixer to blend at the lowest speed until the ingredients are moistened.

Increase the speed to medium and mix for about 3 minutes, scraping the sides of the bowl frequently until the ingredients are completely smooth and well-blended.

Grease and flour two 9-inch cake pans and divide the mixture equally between the pans.

Bake for about half an hour, or until the cakes spring back when pressed gently in the center.

Place the pans on cake racks to cool for about 10 minutes.

Carefully remove the layers and leave them on the racks to finish cooling.

Frost as desired and serve.



## 4 – Lobster with Scrambled Eggs



Mrs. Lynde learns that Matthew and Marilla are planning on adopting an orphan boy. Simply hiring a boy doesn't work because if he's any good, soon he'll go to work at the lobster canneries. If you love lobster, you'll appreciate this tasty twist on scrambled eggs. It's a breakfast treat that pairs very well with sourdough toast.

**Makes 2 servings**

**Cooking + Prep Time: about 15 minutes**

**Ingredients:**

- 1 cup lobster meat, cooked and chopped (canned is fine)
- 4 large eggs
- ¼ tsp. each of kosher salt and black pepper
- 1 tbsp. chopped scallions
- 3 tbsp. butter

**Instructions:**

Beat the eggs together with the salt, pepper, and scallions.

In a heavy skillet, heat half the oil.

Add the lobster and cook gently on medium-low until hot.

Add the remaining butter and heat until melted.

Turn the heat up to high and add the eggs.

As the eggs begin to solidify, use a fork to bring the solidified eggs to the center of the pan.

Tilt the pan and allow the uncooked egg to run over the pan.

Repeat until the egg mixture has mostly been set.

Remove from pan and serve immediately.



## 5 – Stuffed Curried Eggs



Mrs. Lynde isn't sure that adoption is a good idea. She tells Marilla that she knows of a family that was burned alive in their beds by a boy they adopted and another family that couldn't train their adopted boy not to suck eggs! Preventing the former could be difficult, but as to the latter, perhaps the best way to proceed would be by using the eggs up all at once before the boy notices them. This stuffed egg recipe calls for a full dozen!

**Makes 12 servings**

**Cooking + Prep Time: 15 minutes, not counting cooking and cooling time for the eggs**

**Ingredients:**

- 12 hard-cooked eggs
- 4 tbsp. finely chopped gherkins or pickle relish
- 1 tbsp. black pepper
- 1 ½ tsp. salt
- ½ tsp. curry powder +/- as needed
- 4 tbsp. mayonnaise +/- as needed

**Instructions:**

Split the eggs lengthwise.

Remove the yolks and mash them together with the pickle and spices.

Add enough mayonnaise to create a firm paste.

Taste for seasoning, and if desired, add more curry powder to taste.

Stuff the egg white halves with equal amounts of the mixture.

These tasty hors d'oeuvres can be covered with plastic wrap and will keep well in the refrigerator for several hours before serving.



## 6 – Cold Fruit Soup



The plot really takes off when Matthew discovers that the boy he was expecting is not to be found. Instead, he's presented with a skinny little red-haired girl who has a vivid imagination and talks incessantly. Among other things, Anne tells Matthew that she thinks it would be wonderful to sleep in a cherry tree. Would she pick cherries as well, I wonder? Cherries are very nice in a chilled soup like this one!

**Makes 6 servings**

**Cooking + Prep Time: 1 hour**

**Ingredients:**

- ½ cup seedless raisins
- 1 orange, peeled and thinly sliced
- 1 lemon, peeled and thinly sliced
- ¼ cup lemon juice
- 1 cinnamon stick
- 2 cups water
- 2 fresh peaches, peeled, pitted and sliced
- 1 ½ cups pitted sweet cherries
- ½ cup sugar, +/- as needed
- Dash of salt
- 1 ½ tbsp. cornstarch
- Whipped cream, as desired

**Instructions:**

Put the water in a saucepan and add the raisins, orange slices, lemon juice, and cinnamon stick.

Heat until just before boiling, and then simmer for 20 minutes.

Remove cinnamon stick. Then add the cherries, peaches, granulated sugar and kosher salt. Bring to boil.

Blend cornstarch in a bit of water and add to the pot. Cook, stirring, for about a minute or until the mixture clears.

Cool and then place in refrigerator until thoroughly chilled.

Garnish with a dollop of whipped cream and serve.



## 7 – Dredged Lamb Shanks



Matthew is highly perturbed and glad that it will be Marilla who will tell Anne that she can't stay. He feels as though witnessing Anne's disappointment will cause him to feel much the same as he does when he has to "kill a lamb, or a calf, or any other innocent little creature." Of course, the killing of lambs is not pleasurable, but it would be hard to deny the pleasure of eating lamb, especially in this perfectly seasoned dish.

**Makes 6 servings**

**Cooking + Prep Time: 2 hours**

**Ingredients:**

- 6 lamb shanks
- ½ cup flour, +/- as needed
- ¼ tsp. each of kosher salt & black pepper
- ½ tsp. oregano
- 1/3 cup olive oil
- ¾ cup each of chopped onion, celery, and carrots
- 1 garlic clove, minced
- Pinch of thyme
- ¾ cup each of beef bouillon and dry red wine

**Instructions:**

Preheat oven to 350F.

Combine the flour, salt, pepper, and oregano and use to dredge the lamb shanks.

Place the olive oil in a heavy skillet and heat.

Brown the lamb shanks in the heated oil.

Transfer the lamb shanks to a large, stovetop-safe Dutch oven or casserole dish and add the vegetables, garlic, and thyme.

Cook, stirring, for about 5 minutes, and then add the liquids.

Cover and bake for 1 ½ hours or until meat is fork-tender.

If desired, you can thicken the gravy with a bit of flour mixed with cold water.



## 8 – Easy Breaded Veal Chops



Here is another pleasantly seasoned dish that's far more enjoyable if you don't think about it all that much. Veal is, after all, a milk-fed calf. If you can put that out of your mind, though, you'll certainly find these breaded cheesy veal chops very much to your liking.

**Makes 4 servings**

**Cooking + Prep Time: about 30 minutes**

**Ingredients:**

- 4 veal loin chops
- ½ cup Parmesan cheese, grated
- 1 cup dry breadcrumbs
- 1 tbsp. chopped parsley
- 1 tsp. oregano
- Kosher salt and black pepper, as desired
- 1 large egg, beaten well with 2 tbsp. water
- ¼ cup butter, unsalted

**Instructions:**

Combine breadcrumbs with cheese, parsley and oregano.

Sprinkle the veal chops with kosher salt and black pepper, and then dip in beaten egg.

Roll the chops in breadcrumb and herb mixture until thoroughly covered.

Melt the butter over medium-high heat. Add the chops and cook until tender (about 8 minutes on each side). Serve.



## 9 – Jamaican Punch



Of course, Matthew bails before Marilla can give Anne the bad news, heading out to put the horse and carriage away. He asks Marilla to have tea ready when he gets back. Do you suppose he'd really prefer to have his tea fortified a bit, like in this robust punch?

**Makes 25 servings**

**Cooking + Prep Time: 30 minutes**

**Ingredients:**

- ¼ pound sugar cubes
- 3 or 4 oranges
- 1 quart strong, cold tea
- 2 cups lemon juice
- 1 quart gin
- 1 pint white rum
- 1 quart cold ginger ale
- 1 large block ice

**Instructions:**

Rub the sugar cubes on the oranges. The idea is to have them absorb some of the oil from the rind.

Place the sugar cubes in a large punch bowl.

Add the tea and mix until the sugar cubes dissolve.

Add the lemon juice, gin & rum.

When ready to serve, add the ginger ale and the ice.

Garnish with orange slices and whole cherries if desired, and serve.



## 10 – Old-Fashioned Peanut Brittle



Anne is beside herself over the idea of being sent back to the orphanage. She apologizes to Marilla, saying that although the meal looks “extremely nice,” she will be unable to eat. She vividly remembers a single chocolate caramel that she had two years ago and says that she wouldn’t even be able to manage that. I suppose this delectable peanut brittle would be out of the question, too. Poor Anne!

**Makes about 2 pounds**

**Cooking + Prep Time: 2 hours**

**Ingredients:**

- 2 cups white sugar
- 1 cup packed brown sugar
- ½ cup water
- ½ cup light corn syrup
- 1/8 tsp. salt
- ¼ cup softened butter
- 1/8 tsp. baking soda
- 1 ½ cups coarsely chopped peanuts

**Instructions:**

Mix together the water, salt, sugars, and corn syrup until a bit of the mixture hardens in cold water – this will happen when it reaches about 300F on a candy thermometer. Stir only until the sugar dissolves.

Add the butter and soda and stir just until mixed.

Add the nuts and then immediately pour onto greased cookie sheets.

Smooth out the candy into thin sheets.

When the candy is almost cooled, loosen it from the cookie sheets and break it into pieces. Serve.



## 11 – Tomato Fish Chowder



Marilla is not happy. “This is what comes,” she says, “Of sending word instead of going ourselves.” She refers to it as “a pretty kettle of fish.” I am, of course, shamelessly using this to segue into a recipe for what is... well, with the addition of tomatoes and a very pretty kettle of fish indeed! It goes well with crusty bread.

**Makes 4 servings**

**Cooking + Prep Time: about 1 hour**

**Ingredients:**

- 4 fish heads (or bones saved from four good-sized fish used in a previous meal)
- 2 cups water
- 1 small onion
- 1 garlic clove, minced
- 2 tbsp. chopped green pepper
- 2 tbsp. butter
- 2 cups peeled, chopped, ripe tomatoes
- 2 finely chopped potatoes
- ½ cup diced celery
- 1 tsp. salt
- 1 bay leaf
- 1/8 tsp. black pepper
- 1 tbsp. chopped parsley

**Instructions:**

Wash the fish heads (or bones) and place in water in heavy saucepan.

Bring to a boil and simmer for 10 minutes.

Drain and reserve the broth.

Pick the meat off the heads or bones. Reserve it and discard the bones.

Fry the green pepper, onion and garlic in softened butter until the onion is just transparent.

Add the broth, potatoes, tomatoes, kosher salt, ground peppers, celery and bay leaf.

Cook till potatoes become tender.

Add the fish and the parsley.

Reheat and serve.



## 12 – Savory Baked Carrots



Marilla begins to soften toward Anne when she discovers that if Anne is sent back to the orphanage, she may be given to a Mrs. Blewett, who is unlikely to be kind to her. Marilla’s tolerance is further tested, though, when Anne’s initial meeting with Rachel Lynde does not go well. Mrs. Lynde comments unfavorably on Anne’s appearance, saying her hair is “as red as carrots.” Anne calls Mrs. Lynde a “rude, impolite, and unfeeling woman.” And now, another shameless segue!

**Makes 4 servings**

**Cooking + Prep Time: 45 minutes**

**Ingredients:**

- 2 cups shredded peeled carrots
- ¼ cup chopped onion
- 3 tbsp. butter, unsalted
- ¾ tsp. salt
- 1 tbsp. brown sugar
- 1 tsp. dry mustard
- ½ cup chicken stock
- A few drops of hot pepper sauce

**Instructions:**

Preheat oven to 350F.

Fry the onion in the butter until the onion is just transparent.

Add the carrots and stir.

Transfer these ingredients to a baking dish.

Combine the other ingredients and pour over the carrot mixture.

Cover and bake until tender (about ½ hour). Serve.



## 13 – Creamy Baked Chicken



Marilla tells Rachel that she shouldn't have "twitted" Anne about her looks. She does realize, though, that Anne's behavior was over the top, and she must be made to apologize. Anne refuses, and Marilla sends her to her room. Although Marilla takes her meals to her, they come back largely untouched. This is a recurring theme throughout the book – when Anne is upset, she can't eat. She might have found it hard, though, to resist this "comfort food" chicken dish!

**Makes 6 servings**

**Cooking + Prep Time: 1 hour**

**Ingredients:**

- 6 chicken breast halves
- 6 tbsp. butter
- 3 cups light cream
- 2/3 cup sherry
- Salt and pepper, as desired

**Instructions:**

Preheat the oven to 350F.

Heat the butter in a heavy skillet.

Add the chicken breasts and brown on all sides.

Place the chicken in a large casserole dish.

Add the remaining ingredients and cover.

Bake until chicken is tender (about 40 minutes). Serve.



## 14 – Spicy Molasses Cookies



Anne finally agrees to apologize in order to please Matthew. She and Marilla milk the cows and head off to Mrs. Lynde's. The book doesn't tell us, but I like to think that when they get back, Anne and Marilla will share a cold glass of milk and perhaps a cookie or two.

**Makes about 40 cookies**

**Cooking + Prep Time: about 1 hour**

**Ingredients:**

- ½ cup butter
- ½ cup sugar
- ½ cup molasses
- 1 large egg
- ½ cup buttermilk
- 2 ½ cups cake flour
- 1 tsp. each ginger and cinnamon
- 1 tsp. baking soda
- ¼ tsp. cloves
- ¼ tsp. salt

**Instructions:**

Preheat oven to 350F

Beat butter until soft, and then add sugar, continuing to beat until light and creamy.

Beat in molasses and egg.

Sift together the flour, baking soda and spices, and add gradually to the sugar mixture, beating after each addition.

If desired, you can add half a cup of chopped raisins and blend until combined.

Drop batter on greased baking sheets using a teaspoon.

Bake for 8-12 minutes.

Cool on baking sheets until the cookies can be handled, and then transfer them to racks to complete cooling. Serve.



## 15 – Clams on the Half Shell

Anne has always dreamed of having a best friend, and she is overjoyed when she is taken to meet Diana Barry, a girl who lives nearby. They immediately become friends and have fun playing in the Barry garden, which is bordered by clamshells. Clams would have been plentiful on Prince Edward Island, so it would only make sense to find a use for the shells after creating a simple and delicious dish like these broiled clams.

**Makes 4 servings**

**Cooking + Prep Time: 20 minutes**

**Ingredients:**

- 24 Cherrystone clams on the half shell
- 6 lean bacon slices, each cut in 4 pieces
- Worcestershire sauce, as needed

**Instructions:**

Preheat the broiler.

Place clams on an oven-proof dish. You can use crumpled foil to keep the shells reasonably upright.

Season each clam with a splash of Worcestershire sauce.

Cover with a slice of bacon and broil until bacon is cooked. Serve.



## 16 – Fresh Peach Ice Cream



Anne’s excitement is boundless when she learns that there is going to be a Sunday School picnic, and Marilla gives her permission to go. She is particularly enraptured over the fact that there is going to be ice cream. “Think of it, Marilla,” she says. “*Ice cream!*” This homemade peach ice cream is pretty exciting, too, and very easy to make!

**Makes about 1 ½ quarts**

**Cooking + Prep Time: about 1 hour**

**Ingredients:**

- 2 cups peeled, crushed, ripe peaches
- 1 1/3 cups sugar
- 1 tsp. almond extract
- 2 tbsp. flour
- 2 eggs, lightly beaten
- 1 ½ cups milk
- 2 tsp. vanilla extract
- 2 cups heavy cream

**Instructions:**

Mix together the peaches, 1/3 cup of the sugar, and the almond extract.

Mix the rest of the sugar, the flour, and the salt in a saucepan.

Blend in the eggs and milk, and cook over low heat, constantly stirring with a metal spoon until the mixture clings to the spoon.

Remove from the heat and cool.

Add the vanilla and cream.

Pour the mixture into freezer trays and freeze until the mixture is frozen about ½ inch around the edge of the trays.

Remove from trays and beat until fluffy and smooth.

Fold in the peach mixture, return to trays, and continue to freeze until firm. Serve.



## 17 – Easy Oven-Fried Chicken



Anne’s joy is further compounded when Marilla tells her that she will make up a basket of food for Anne to take to the picnic. Now, I ask you, what picnic basket would be complete without fried chicken? This oven-fried variation is perfect if you don’t own a deep fryer. It’s quite tasty and very pleasing served with baked potatoes and a side salad.

**Makes 4 servings**

**Cooking + Prep Time: about 1 hour**

**Ingredients:**

- 1 whole cut-up chicken
- Seasoned flour, 2 cups + more as needed – (add 1 tsp. each +/- of dry thyme, rosemary, sage, paprika, garlic powder, as you desire)
- ¼ cup butter

**Instructions:**

Preheat oven to 350F

Dredge the chicken in the seasoned flour.

Melt the butter in a heavy skillet, and lightly fry the chicken until just browned a bit.

Remove chicken to a shallow baking pan equipped with a rack. Bake the chicken, uncovered, on the rack for about 40 minutes. Baste with pan drippings and turn occasionally. Serve.



## 18 – Perfect Roast Pork



Trouble seems to follow Anne, usually because of her curiosity and enthusiasm. She is fascinated by the amethyst brooch Marilla wears to church and surreptitiously tries it on. When it goes missing, Marilla asks Anne if she took it. Anne admits to trying it on but says she put it back. Marilla is convinced that Anne has lost the brooch and is lying and once again sends Anne to her room, where she will stay until she confesses. Once again, Anne goes off her food, saying she couldn't eat anything, "especially boiled pork and greens." I would agree with her on that – pork is much better when nicely roasted!

**Makes 6-8 servings**

**Cooking + Prep Time: about 3 hours**

**Ingredients:**

- 4 lb. pork roast
- 2 garlic cloves, cut in slivers
- Salt and pepper, as desired

**Instructions:**

Preheat oven to 350F.

Rub pork roast with salt and pepper.

Cut garlic into slivers

With a paring knife, cut slits all over the pork roast, about ½ to 1 inch apart.

Insert a sliver of garlic into each slit.

Place the meat, fat side up, on a rack in a roasting pan.

Roast for 35-45 minutes per pound, or until a meat thermometer reads 185F.

Pour off the fat and transfer the roast to a platter. Let stand for 15 minutes.

Carve and serve.



## 19 – Super Creamy Potato Salad



Anne fabricates an elaborate confession, in which she claims to have dropped the brooch into Barry's pond. Marilla later finds the missing brooch and realizes Anne lied in order to avoid missing the picnic. Being a fair-minded woman, Marilla realizes that she practically drove Anne to it and allows her to go to the picnic. Now, no picnic would be complete without a potato salad, and some of the best potatoes ever grown come from Prince Edward Island. The sour cream gives it extra zing. Marilla probably would have served it on a bed of iceberg lettuce, and you can do it that way if you like, but the mesclun greens in this updated version provide a nice burst of color.

**Makes 4 generous servings, and this recipe is easily doubled**

**Cooking + Prep Time: 30 minutes, not counting the time needed to cook and cool the potatoes**

**Ingredients:**

- 3 cups cooked, diced red russet potatoes, skins left on
- ¼ cup sour cream
- ¼ cup mayonnaise
- 1 tbsp. chopped chives or onion
- 1 tsp. celery seed
- Salt and pepper, as desired
- Mesclun greens, as desired

**Instructions:**

Scrub and cook the potatoes. Allow them to cool and then dice them.

Combine the sour cream and mayonnaise, and add to the potatoes.

Mix in the celery seed, onion or chives, salt, and pepper.

Serve on a bed of the mesclun greens.



## 20 – Creamy Carrot Soup



Anne enjoys going to school until Gilbert Blythe, in a misguided attempt to get her attention, grabs one of her braids and says, “Carrots!” Anne whacks him over the head with her slate and vows to Marilla that she will never return to school (she later relents). This seems like a good time to offer a tasty carrot soup recipe!

**Makes 6 servings**

**Cooking + Prep Time: 30 minutes**

**Ingredients:**

- 1 cup sliced carrots
- 1 medium onion, sliced
- 1 celery stalk with leaves, sliced
- 1 ½ cups chicken stock
- 1 tsp. kosher salt
- Pinch of cayenne pepper
- ½ cup cooked rice
- ¾ cup cream

**Instructions:**

Place the carrots, onion, celery, and half a cup of the chicken stock in a pot and bring to a boil.

Cover, reduce heat and simmer for 15 minutes.

Transfer the soup to a blender.

Add salt, cayenne pepper, and rice.

Cover and blend on high until smooth.

Pour in the remaining stock and cream. Then, cover and blend on low until smooth.

Serve immediately, or allow to cool and serve chilled.



## 21 – Raspberry Sundae Sauce



Anne's troubles don't end with the fiasco of Marilla's brooch. Marilla gives Anne permission to invite Diana over for a grown-up sort of tea and tells Anne that there is half a bottle of raspberry cordial in the pantry that they can have. It turns out that Marilla forgot she'd taken the raspberry cordial to the basement, and what was in the pantry was half a bottle of her currant wine. Diana drinks three huge tumblers of it and goes home drunker than a sailor on shore leave. Mrs. Barry forbids Diana to ever see Anne again. If only it had been raspberries instead of currants and perhaps in this sauce that doesn't contain enough alcohol to get a mouse drunk!

**Makes about 2 cups**

**Cooking + Prep Time: 1 hour, not counting cooling time**

**Ingredients:**

- 2 cups raspberries
- ½ cup sugar + extra if desired
- 1 tbsp. cornstarch
- 1 tbsp. lemon juice
- 1 tbsp. cognac

**Instructions:**

Combine the raspberries and sugar in a saucepan and bring to a boil, stirring frequently.

Strain, taste, and add more sugar if necessary.

Allow the mixture to cool, and then mix the cornstarch with about 2 T of the cooled juice.

Reheat to boiling, stir in the cornstarch mixture and cook, constantly stirring, until the mixture is thickened and clear.

Cool again, and add the lemon juice and cognac.

Serve over vanilla ice cream.



## 22 – Basic Baking Powder Biscuits



Anne explains that she didn't drink any of the "raspberry cordial" and couldn't smell the alcohol because she had a cold. Despite her entreaties and Marilla's as well, Mrs. Barry won't relent. At least until Diana's baby sister develops croup while in the custody of a babysitter, and only Anne knows how to treat the condition. The doctor tells Mrs. Barry that Anne saved the child's life. Mrs. Barry finally accepts that Anne is a pretty decent sort after all and invites her over for tea, where "raspberry cordial" is most definitely *not* served. They do, however, enjoy homemade biscuits.

**Makes about 16 biscuits**

**Cooking + Prep Time: 25 minutes**

**Ingredients:**

- 2 cups flour
- 2 ½ tsp. baking powder
- 1 tsp. salt
- 1/3 cup shortening
- 2/3 cup milk +/- as needed

**Instructions:**

Preheat the oven to 425F.

Combine flour with baking powder & kosher salt in a mixing bowl.

Use pastry blender to cut in the shortening, till mixture resembles a coarse-textured cornmeal.

Using a fork, stir gently while adding the milk, using enough to form soft (but not sticky) dough.

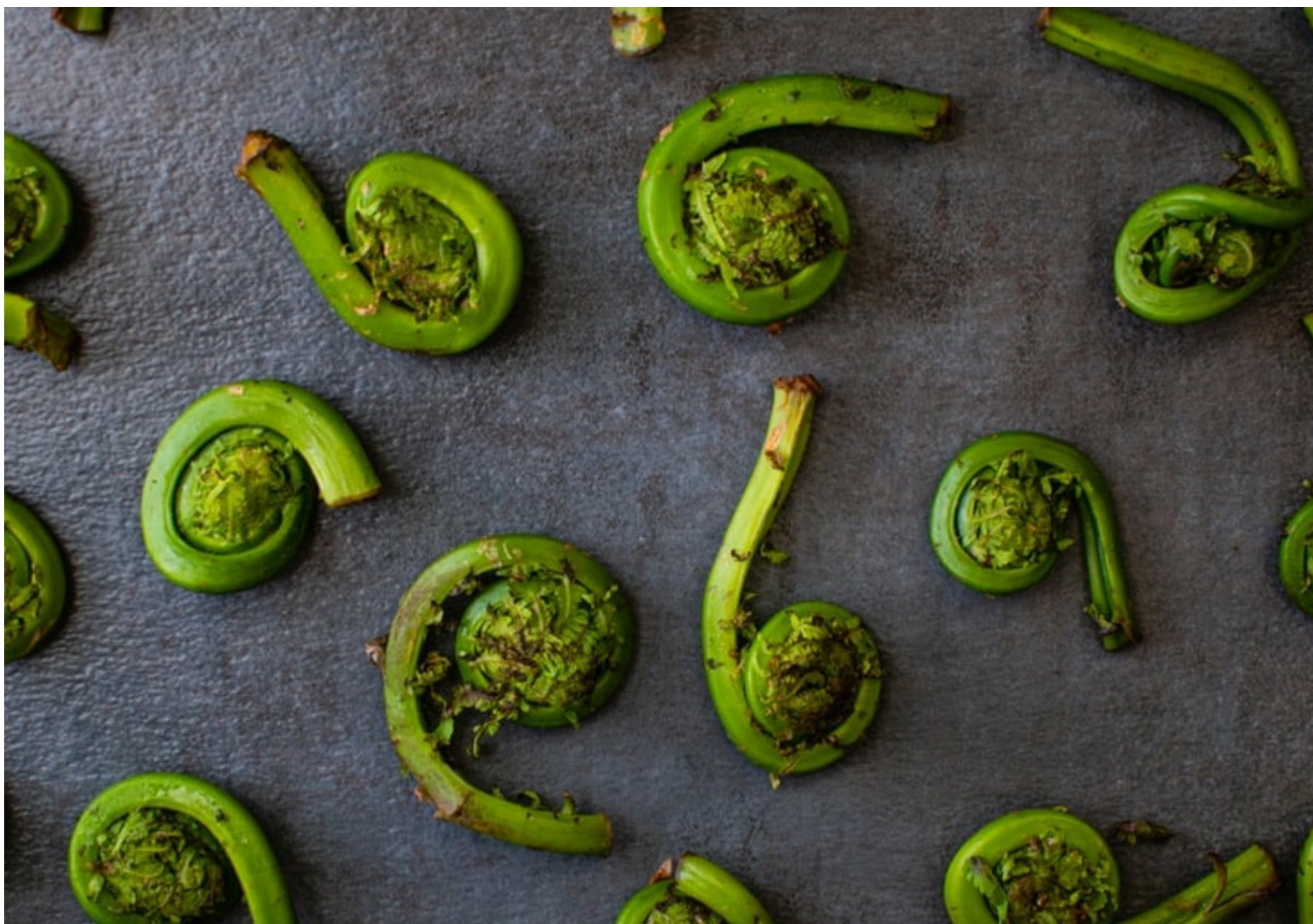
On a floured board, knead until smooth, and then pat or roll out to half-inch thickness.

Using a floured drinking glass or biscuit cutter, cut out the biscuits and place on baking sheet about an inch apart.

Bake until golden brown (12-15 minutes). Serve.



## 23 – Buttered Fiddleheads



Spring comes to Avonlea, and “little curly ferns” begin to grow near the water. These are probably what are known in Canada’s Atlantic Provinces as “fiddleheads” or “ostrich ferns,” and they are considered to be quite a delicacy. They couldn’t be easier to cook, and they’re delicious served with buttered russet potatoes.

**Makes 4 servings**

**Cooking + Prep Time: 10 minutes**

**Ingredients:**

- 1 pound fiddleheads
- 2 tbsp. butter
- Salt and pepper, as desired

**Instructions:**

Bring a large pot of water to boil.

Add fiddleheads and continue to cook for 7-10 minutes.

Toss with butter, salt and pepper. Serve.



## 24 – Boiled Tongue



The new minister and his wife come for a meal consisting of jellied chicken and cold tongue, among other things. Anne's mishaps continue. She offers to make a cake, and it turns out to be absolutely vile. She used what she thought was vanilla extract, not knowing that Marilla had broken a bottle of liniment and poured what was left into an empty vanilla bottle. Couldn't she smell the liniment? No. Poor Anne had a cold and couldn't smell much of anything! At least the cold tongue is good.

**Makes 8 servings**

**Cooking + Prep Time: 4 hours**

**Ingredients:**

- 1 fresh beef tongue (4 pounds approx.)
- 1 onion
- 3 cloves
- 1 leek
- 1 celery stalk with leaves
- 4 parsley sprigs
- 1 bay leaf
- 1 tbsp. salt
- 3 or 4 whole black peppercorns

**Instructions:**

Wash the tongue.

Stud the onion with cloves.

Place all ingredients in a large kettle, adding cold water just to cover.

Cover and bring to a boil.

Reduce heat and simmer for about 3 ½ hours.

Allow the tongue to cool in the broth.

Remove the tongue and cut off the gristle and bones at the thick end.

Slit the length of the skin on the underside of the tongue.

Loosen the skin and peel it off.

If you like, you can return the tongue to the broth and reheat, or you can serve it cold.



## 25 – Italian Omelet



Anne has never owned a dress with puffed sleeves but has always wanted one. Marilla won't sew her one because she considers puffed sleeves to be frivolous, so Matthew goes to Rachel Lynde to have a dress made that will please Anne. He gives it to her for Christmas, and she is so excited, so she doesn't think she'll be able to eat breakfast. Maybe a bit later, Marilla could tempt her with something like this Italian omelet, perfect for a festive breakfast!

**Makes 4 servings**

**Cooking + Prep Time: 30 minutes**

**Ingredients:**

- ½ cup sliced mushrooms
- 3 tbsp. butter
- 6 beaten large eggs
- 3 tbsp. cream
- Pinch of basil
- Salt and pepper, as desired
- 2 parsley sprigs, chopped
- 2 tbsp. grated Parmesan cheese
- 1 tbsp. olive oil
- ½ cup diced, cooked ham
- A few drops of lemon juice
- 4 oz. mozzarella cheese cubes

**Instructions:**

Preheat oven to 450F.

Lightly fry the mushrooms in 1 T of butter and set aside.

Mix the eggs, cream, basil, salt, pepper, and 1 T of the Parmesan cheese.

Heat the oil and 1 T butter in a heavy skillet.

Pour in the egg mixture and cook on low until set but still soft on top.

Remove from heat.

Sprinkle the top with the mushrooms, ham, the rest of the Parmesan cheese, the lemon juice, and mozzarella cheese.



Melt the remaining butter and drizzle it over the top.

Place the omelet in the oven and bake until the cheese melts (about 4 minutes). Serve promptly.



## 26 – Brook Trout in Brown Butter



Anne and her friends spend a lot of time at Barry’s Pond, where trouts are said to be plentiful. If you love to fish or know someone who does and is willing to share their catch with you, try this appetizing recipe for brook trouts. It’s easy to make and very satisfying.

**Makes 6 servings**

**Cooking + Prep Time: 25 minutes**

**Ingredients:**

- 6 brook trouts
- 1 cup milk
- 1/3 cup flour
- ¼ tsp. salt
- Ground pepper, as desired
- Peanut oil, as desired
- 2/3 cup butter
- 6 lemon slices
- Chopped parsley, to garnish

**Instructions:**

Clean the trouts, removing the fins. You can also remove the heads and tails if you like, but it’s perfectly okay to leave them on.

Pour milk into a shallow pan and dip the trouts in the milk.

Shake the trouts gently to remove excess milk.

Mix the flour, salt, and pepper together, and roll the trout in the mixture.

In large-sized skillet, pour sufficient peanut oil that it covers the bottom to 1/4" depth.

Heat the oil until barely smoking.

Add the trouts and brown well on each side. They are done when the flesh flakes with a fork.

Remove the trouts and place them on a serving platter.

Pour the fat out of the skillet and wipe the skillet with paper towels.

Place the butter in the skillet and cook until it is brown.

Pour the butter over the trouts, garnish with lemon and parsley, and serve.



## 27 – Perfect Roast Duck



Mr. Barry keeps a boat by the pond to use when hunting ducks. Anne decides to go for a sail. Unfortunately, the boat isn't all that seaworthy (pond worthy?), and she gets into trouble. She is rescued by her nemesis, Gilbert Blythe. She swears to herself that she still has not forgiven Gilbert. We're not told if Mr. Barry uses the boat again. Perhaps he simply hunts ducks from shore?

**Makes 4 servings**

**Cooking + Prep Time: about 1 hour and 15 minutes**

**Ingredients:**

- 1 duck (5 lb. approx.)
- ½ lemon
- Salt and pepper, as desired

**Instructions:**

Preheat oven to 350F.

Using a fork, prick the skin of the duck in several places.

Rub the duck all over with the halved lemon.

Rub the bird's cavity with salt and pepper.

Place on a roasting rack in a deep pan and bake for about 12 minutes per pound.

Duck is very fatty, so if your pan is not very deep, you will have to pour off the fat periodically.

About 15 minutes before the duck is done, sprinkle with salt and pepper. Serve.



## 28 – Maple-Topped Johnnycakes



Anne and a few of her friends go away to take the examination that will enable them to become teachers. Anne, of course, goes off her food while waiting for the results to come in the mail. Perhaps she could have eaten these cornmeal cakes, which are very easy on the stomach and delicious as well.

**Makes about 24 four-inch cakes**

**Cooking + Prep Time:** Prep time is only about 20 minutes, but cooking time can vary widely depending on the size of your griddle or pan.

**Ingredients:**

- 1 cup yellow cornmeal
- ½ tsp. salt
- 1 ¼ cups boiling water
- 2 tbsp. butter
- 1 ¼ cups milk
- Butter and maple syrup, as needed to serve

**Instructions:**

Fill the bottom of a double boiler with water but don't allow the water to touch the top half of the double boiler.

Place the cornmeal and salt in the top half of the double boiler.

Add boiling water gradually, in a thin stream, stirring constantly.

When all the boiling water has been added, continue to stir and cook for about 10 minutes.

Add the butter and enough milk to make a batter that is a bit thin but not runny.

Using a tablespoon, drop the batter onto a hot, greased griddle or large frying pan.

Cook for about 10 minutes or until the underside turns golden brown.

Flip over and repeat step 7.

Top the cakes with butter and maple syrup, and serve.



## 29 – Deviled Chicken Salad



Anne and her friends go to a benefit concert at The White Sands Hotel in aid of the Charlottetown hospital. Anne's friend, Jane, thinks that it would be wonderful to spend an entire summer at the hotel and eat a chicken salad every day. This twist on an old favorite would certainly fit the bill!

**Makes about 2 ½ cups**

**Cooking + Prep Time: 15 minutes**

**Ingredients:**

- 2 cups cooked chicken, diced
- ¼ cup cooked ham, diced
- 1/8 tsp. nutmeg
- Pinch of white pepper
- ¼ tsp. salt
- 3 tbsp. butter
- 1 tbsp. lemon juice

**Instructions:**

Place all ingredients in a food processor.

Pulse gently until you have a coarse mixture.

You can use this as a sandwich filling or serve as a salad on a bed of lettuce.



## 30 – Cucumber Appetizers



Matthew dies, and Marilla fears that she will have to sell Green Gables because her eyesight is failing and she will have no in-home support with Anne moving away to teach. Gilbert Blythe has obtained a position teaching in Avonlea, and he gives it up so that Anne can have it and Marilla will be able to remain at Green Gables. Anne realizes that she actually forgave Gilbert long ago for the “carrots” comment, and they become friends. Could there be wedding bells in the future? These cucumber appetizers would be a great starter for a summer wedding dinner!

**Makes about 24 slices per cucumber**

**Cooking + Prep Time: 20 minutes**

**Ingredients:**

- 5 cucumbers
- 2 cups mayonnaise, or as needed
- Salt and pepper, as desired
- Sliced sourdough bread, as needed to serve

**Instructions:**

Trim the crusts from the sourdough bread and cut each slice into four roughly equal squares.

Spread each bread square with mayonnaise.

If cucumbers are less than tender, peel them. Otherwise, you can leave the peel on – it adds color!

Thinly slice the cucumbers and place a slice on each bread square.

Sprinkle with salt and pepper, and serve.



# Conclusion

This cookbook based on “Anne of Green Gables” has shown you...

... that it really is possible to create delicious dishes with very simple and easily sourced ingredients and that you can eat well without relying on heavily processed foods. I hope you have enjoyed the look at a kinder and gentler time and the recipes that harken back to that time.

Are you wondering what happened with Anne and Gilbert? If you want to find out, you’ll have to read more of the books in Montgomery’s series, which she wrote in response to overwhelming demands from the fans who wanted to learn more about Anne. Start with “Anne of Avonlea,” continue with “Anne of the Island,” and keep going!

Do you worry about your culinary efforts ending up like Anne’s liniment cake? Fear not! Just follow the easy recipes, and you can be assured of turning out offerings that will please your family and friends every time.

Now, put on your apron, grab your pots, pans, mixing bowls and utensils, and start cooking!



## Author's Afterthoughts

# Merci!



The fact that you all have read this book means more than you know. However, I've seen how much feedback has helped me grow in the last few years. Those comments on things that I have unintentionally overlooked make me go back to the drawing board. I would love you to leave some feedback as well. This will be useful in making sure I churn out high-quality books for you all the time. Also, it doesn't hurt that your feedback will help guide those searching for the right book.

*Thanks,*  
*Ronny Emerson*



# About the Author

Ronny Emerson is mostly referred to as magic fingers. He has the unique ability to create the best dishes out of ordinary ingredients. This skilled culinary professional is recognized for his contributions to the creation of exceptional gastronomic delights. After he won his first cooking contest at 9, there was nowhere else to go but up. His father has always been his role model for cooking tasty dishes. It was under his tutelage that he grew to become the professional we know today.

Ronny travels around the world, where he samples different cuisine from diverse cultures. He cherishes the opportunity to enjoy the various flavors from these restaurants. With what he has learned on his travels, Ronny heads home to his base in New York, where he makes his unique recipes with a brilliant blend of these cultures. So far, he has found comfort in working for one of the top restaurants in the city as the executive chef. Ronny also loves to share what he comes up with in the kitchen.

